Executive Skills Questionnaire-Teen Version

Rate each item below based on how well it describes you, using this rating scale to choose the appropriate scored. Then add the three scores in each section. Use the key on the next page to determine your executive skills strengths (two to three lowest scores) and weaknesses (two to three highest scores).

> 4 Strongly Disagree Tend to Neutral Tend to Agree Strongly

3

1

	disagree	disagree	agree	agree	
[ten	=				<u>Score</u>
	I act on impulse.				
		talking too much in cla	SS.		
3.	I say things withou	t thinking.		OT 11 000DT	
				OTAL SCORE:	
4.		er" and then forget abo		1	
	_	assignments or forget			-
6.	I lose or misplace	belongings such as co	_		
_	T . 1 1	1 1 1 1		OTAL SCORE:	
1.	-	n homework is too hard	l or confusing or tak	tes too long to	-
0	finish.	1 6 4 1			
		am easily frustrated.	1		
9.	I get upset when th	ings don't go as planne		OTAL COORE.	
10	If the first solution	to a problem decen't x		OTAL SCORE:	
10.	different one.	to a problem doesn't w	ork, I have housie	uniking of a	
11		have to change plans or	routings		
		ith open-ended homew		a deciding what	-
14.	-	n given a creative writi		g., acciding what	
	to write about whe	ii giveii a cicative wiiti	0 0	OTAL SCORE:	
13	I have difficulty na	ying attention and am		OTTE SCORE.	
		pefore finishing homew	•		
		cking with schoolwork		z are done	
10.	riw o prooreins su	erring with portroorworn	-	OTAL SCORE:	
16.	I put off homework	or chores until the las		o IIIE o c o IIE.	
	•	tting aside fun activitie		mework.	-
	•	led to start chores or ho			
				OTAL SCORE:	
					-
					(cont.)

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Executive Skills Questionnaire-Teen Version (cont.)

19. I have trouble planning for big assignments (knowing what to do first, second, etc.).									
20. I have difficulty setting priorities when I have a lot of things to do. 21. I become overwhelmed by long-term projects or big assignments.									
-	backpack and notebooks		_	TOTAL S	SCORE:				
•	23. My desk or workspace at home or school is a mess. 24. I have trouble keeping my bedroom or locker tidy.								
2 1	ve treatere neeping my e	Caroom	or rounds tray.	TOTAL S	SCORE:				
25. I have a hard time estimating how long it takes to do something (such as homework).									
26. I often don't finish homework at night and may rush to get it done in school before class.									
27. I need a lot of time to get ready for things (e.g., appointments, schools, changing classes.									
	88			TOTAL S	SCORE:				
28. I ca	n't seem to save up mon	ey for a	designed object-problem	ms delayir	ng				
grat	ification.			-					
29. I don't see the point of earning good grades to achieve a long-term goal.									
30. I prefer to live in the present.									
TOTAL SCORE:									
31. I don't have very effective study strategies.									
32. I tend not to check my work for mistakes even when the stakes are high.									
33. I don't evaluate my performance and change tactics to increase success.									
TOTAL SCORE:									
KEY									
<u>Items</u>		Items	Executive skill	<u>Items</u>	Executive skill				
1-3	Response inhibition	13-15	Sustained attention	25-27	Time management				
4-6	Working memory	16-18	Task initiation	28-30	Goal-directed				
7-9	Emotional control	19-21	Planning/prioritizing		Persistence				
10-12	Flexibility	22-24	Organization	31-33	Metacognition				
Your executive skills strengths Your executive skills weaknesses									
(lowest score)			(highest score)						
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